

## Tai Chi Overview

Table of contents	appr. start time
	hr:min:sec
Introduction	0:00:50
Section I. Internal Discipline	0:03:00
Section II. Martial Art Origin of Tai Chi	0:44:20
The Internal Force	0:44:25
Suppleness & Power	0:51:50
Momentum Force vs. Internal Force	0:59:30
Section III. Tai Chi & Health	1:13:05
Benefits of Internal Discipline	1:13:15
Insight into Body Mechanics	1:15:30
Tai Chi, Meditation, Qi Gong	1:24:50
Section IV. Learning Process	1:27:30
Square Form	1:30:10
The Compact Form, The Left-hand Form	1:33:10
Segments from Lesson 3, Tai Chi Form	
Instruction	1:37:30
End	1:51:35

Tape 1 Lessons 1-5

Table of contents	appr. start time
	hr:min:sec
Introduction	0:01:20
Lesson 1. Tai Chi Walk	0:05:50
Lesson 2. Beginning Forms	0:24:25
Lesson 3. Forms through Walking Forward	
Brush Knee	0:43:35
Lesson 4. Forms through Cross Hands	1:06:00
Position of the arms	1:24:05
Lesson 5. Forms through Oblique	
Brush Knee	1:28:20
Turning on heel or toe	1:42:25
End	1:45:50

Tape 2 Lessons 6-10

Table of contents	appr. start time hr:min:sec
Lesson 6. Forms through Walking Backward Brush Knee	0:00:40
Lesson 7. Forms through Needle at Bottom of the Sea	0:19:45
Lesson 8. Cloud Hand	0:40:05
Position of the elbow	0:57:15
Lesson 9. Stance of the feet	1:01:50
Step size	1:12:05
Breathing	1:21:35
Lesson 10. Forms involving kicking	1:24:00
End	1:56:50

Tape 3 Lessons 11-14

Table of contents	appr. start time hr:min:sec
Lesson 11. Forms through Jade Girl at the Loom	0:00:35
Lesson 12. Forms through the 3 <sup>rd</sup> Cloud Hand	0:34:10
Lesson 13. Forms through the end of Tai Chi Form	0:55:50
Lesson 14. Tai Chi Form from three different views	1:20:10
Tai Chi Form front view	1:20:15
Tai Chi Form side view	1:29:00
Tai Chi Form back view	1:36:15
End	1:44:30

Tape 4 Lessons 15-17

Table of contents	appr. start time
	hr:min:sec
Lesson 15. Square Form	0:00:35
Front View with introductory remarks	0:02:20
Supplemental Instruction to Lesson 2	0:16:15
Lesson 3	0:19:20
Lesson 4	0:21:25
Lesson 5	0:23:30
Lesson 6	0:25:00
Lesson 7	0:26:30
Lesson 8	0:30:50
Lesson 10	0:32:35
Lesson 11	0:39:30
Lesson 12	0:45:20
Lesson 13	0:54:10
Side View	0:59:50
Back View	1:14:00
Lesson 16. Supplemental Exercise	1:27:40
Lesson 17. Compact Form	1:40:15
End	1:57:25